

## French Dressing, Reduced Fat&Sodium100

Number of Servings: 100 (31.85 g per serving)

| Amount | Measure | Ingredient                  |
|--------|---------|-----------------------------|
| 3 1/4  | lb      | Soup, tomato, cond, cnd     |
| 3 1/4  | cup     | Oil, canola                 |
| 2 1/2  | cup     | Vinegar, cider              |
| 2 1/2  | cup     | Sugar                       |
| 1 1/4  | tsp     | Spice, garlic Powder        |
| 3 3/4  | tsp     | Spice, mustard seed, ground |
| 1 1/4  | tsp     | Spice, pepper, black        |
| 2 1/2  | tsp     | Spice, celery seeds         |

### Nutrients per serving

| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size (32g)   |                           |
| Servings Per Container   |                           |
| Amount Per Serving   |                           |
| Calories 90  | Calories from Fat 60      |
| % Daily Value*   |                           |
| Total Fat 7g   | 11%                       |
| Saturated Fat 0.5g   | 3%                        |
| Trans Fat 0g   |                           |
| Cholesterol 0mg  | 0%                        |
| Sodium 85mg  | 4%                        |
| Total Carbohydrate 6g  | 2%                        |
| Dietary Fiber 0g   | 0%                        |
| Sugars 5g  |                           |
| Protein 0g   |                           |
| Vitamin A 2%   | Vitamin C 2%              |
| Calcium 0%   | Iron 2%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                           |
|  | Calories: 2,000 2,500     |
| Total Fat  | Less than 65g 80g         |
| Saturated Fat  | Less than 20g 25g         |
| Cholesterol  | Less than 300mg 300 mg    |
| Sodium   | Less than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

### Notes

Combine ingredients except for celery seed, may use blender to make smooth. Add celery seed if desired (optional).  
Refrigerate. Shake well before serving.  
Serve 2 T per serving  
2 T = 8 grams fat, 90 mg sodium, 6 grams CHO

Regular French dressing has sodium in the 200-300 mg range and is higher in fat and does not fit into guidelines